



2018 East Coast Games Track & Field Meet

Version: May 9, 2018

DATE: June 22-23rd, 2018

LOCATION: Canada Games Stadium UNB Saint John, 100 Tucker Park Road, Saint John, N.B.

HOSTED BY: Saint John Track & Field Club

SANCTIONED BY: Athletics New Brunswick

MEET DIRECTORS: Alex Holder / Bill MacMackin

Meet registration will be done online:

Spikes - Maximum spike length is 7mm for the all events except for high jump and javelin, which are 11mm. Pyramid and Christmas Trees are OK. Needle spikes are not allowed.

Awards – All participants will receive a medal as a souvenir. Ribbons for the top 3 finishers according to normal age groups (midget, youth, junior, senior, masters) will also be provided. 2 Athlete of the meet awards (1 male and 1 female) will be presented on Saturday evening downtown on the boardwalk.

East Coast Games Information – <http://www.eastcoastgames.ca>

As part of the East Coast Games all participants should be made aware of the following:

- Coaching Conference at UNBSJ on Saturday June 23th

13&Under - \$10 (RJTW Tetrathlon)	14+ Individual - \$20 for 1st event. \$10 for additional events.	Throws Pent - \$40
9&U – Tetrathlon – 60m, 150m, long jump (1meter take off board), ball throw	100m, 200m, 400m, 800m, 1500m, 5000m	Hammer Throw
10&11 – Tetrathlon – 80m, 150m, long jump (1 meter take off board), ball throw	Sprint Hurdles (110m/100m/80m), Intermediate Hurdles (400m)	Shot Put
12&13 – Tetrathlon – 80m, 150m, long jump (regular take off board), ball throw	Field – Long Jump, Triple Jump, High Jump, Pole Vault, Shot put, Javelin, Discus, Hammer, Weight Throw	Discus
		Javelin
		Weight Throw

Event Entry Notes:

- All races will be grouped and run according to similar ages dependent on entry numbers.
- The 5000m has a time restriction of 30 minutes. Individuals who cannot finish within 30 minutes should not enter the race and may be stopped from completing the race. 2 sections will be run according to seed performance.
- Sprint Hurdles (110m/100m/80m) will be run according to age group specifications.
- Intermediate Hurdles (400m hurdles) will be run @ 30" for all females and 33" for youth male (16-17yoa) and 36" for junior and senior males. Masters athlete specifications should fall within the 400m-hurdle distance at heights of 30", 33", and 36".

Tentative Schedule **all events subject to change**

Friday June 22nd, 2018 **All events will be run as Timed Finals according to seed performance.*

5:00pm to 6:00 pm *Long Jump & Ball Throw 9&U, 10&11, 12&13*These events are being run as scheduled below. All athletes will get three attempts. Long Jump - with a 1m board for athletes 11 years of age and under; regular long jump for 12-13 year olds.*

5:00pm	Long Jump	9&U
	Ball Throw	10&11
	Shot Put	12&13
5:20pm	Long Jump	10&11
	Ball Throw	12&13
	Shot Put	9&U
5:40pm	Long Jump	12&13
	Ball Throw	9&U
	Shot Put	10&11
6:00pm	400m Hurdles	
6:20pm	4x100m Relays	
6:30pm	60m	9&U
6:40pm	80m	10&11
6:50pm	80m	12&13
7:00pm	High Jump	
7:10pm	150m	9&U
7:25pm	150m	10&11
7:40pm	150m	12&13
7:50pm	110m/100m/80m Hurdles	
7:50pm	4x60m Shuttle Relay (backstretch)	9&U <i>*not timed*</i>
7:55pm	4x100m Shuttle Relay (backstretch)	10-13 <i>*not timed*</i>
8:00pm	300m	All ages
8:00pm	Pole Vault	
8:00pm	Long Jump / Triple Jump	
8:00pm	100m	
8:30pm	400m	
8:50pm	5000m (18+ and Masters Only ~ 35minute time limit)	
9:30pm	1500m	
9:50pm	200m	
10:00pm	800m	



Saturday (Throws Extravaganza / Throw all 5 for a Throws Pent)

9:30am	Hammer
10:30am	Shot Put
11:30am	Discus
12:30pm	Javelin
1:30pm	Weight Throw

